



## GENTLE YOGA AND MINDFULNESS MEDITATION - A MINI-SESSION s/c

**Instructor:** Cheryl Harlan, RYT (Registered Yoga Teacher, Yoga Alliance)

Enhance flexibility, improve balance, relieve stress, improve sleep and stimulate creativity with yoga. Each class begins with a joint freeing series of movements for the entire body. Some Yin Yoga, which holds poses longer for deeper muscular release will be integrated with other types of yoga, all with awareness of breathing techniques, postural alignment, shifting of energy, enhancing of balance, flexibility and strength will be presented each class. Most postures are demonstrated in a modified or simple form. Each class ends with a deep relaxation, including such techniques as body scans, progressive muscular release and guided imagery. **This class is presented through the discipline of mindfulness, which is a moment-to-moment awareness of the present. This discipline has been scientifically documented to positively improve one's level of health and fitness. Wear comfortable clothing, bring a sticky yoga mat and eye pad.**

**ADVANCED REGISTRATION IS NECESSARY.**

December 14, 21, 28,

**342475 A1** - T - 9:30 a.m. - 11:00 a.m.

Fee: R \$27 / NR \$33.75 - Three classes

## SENIOR FITNESS CHALLENGE

**Instructors:** Jackie Dantano

This program will include cardio, weightlifting and stretching to aid the participants in building physical endurance, muscle strength, balance and flexibility. It will also include abdominal, leg, gluteal and stretching exercise in a chair. Participants are asked to bring a water bottle, their own hand weights and stretch bands. Exercisers are asked to take responsibility for knowing and regulating their own fitness ability. It is suggested that if you have not had a regular exercise program for a while that you consult your physician if you are concerned about starting this exercise program.

**Please note:** In order to attend this class you must be formally registered. For In-Town of Vienna Residents over 65 there is no fee, however everyone must register to attend class. Please include your e-mail if you have one and an emergency contact person's name on your registration form. The class fee guarantees a minimum of 20 classes.

In-town of Vienna residents under 65 pay the resident fee listed below. In-town of Vienna residents over 65 may take the class for no fee. In case of snow make-up dates are March 29 and 31.

January 4 - March 24 (No class February 24)

**343730 A1** - T/TH - 11:00 a.m. - 12:00 p.m.

Fee: R \$30 / NR \$40

\*No fee for Town Residents 65 and over

## BREAK- IT- DOWN ZUMBA – AN INTRODUCTORY COURSE s/c

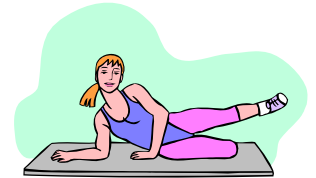
**Instructor:** Lupe Rother, Dancer

Is there a little bit of Exotica and Latino deep inside of you just waiting to get out? **Ooooooohh!** Join us as we learn some of the most popular dance step movements including Salsa, Merengue, Rhumba, Cumbia, Samba, Raggaeton, Cha, Cha, and Belly Dance. This class will be taught in a slower manner than most Zumba classes so that you can learn step-by-step how to shake those shoulders, unlock those hips, move those knees and feet in a sultry, fluid style. You will also become more aware of how proper breathing, posture and flexibility can help you to define every step you take. This an aerobic movement class where you move on your own without partners.

January 7 – February 18

**333021 C1**- F- 11:00 a.m. – 12:00 p.m.

Fee: R \$70 / NR:\$87.50 - Seven classes



### WALKING PROGRAM NOTE

We do not have a formal registration for a walking program during the winter but folks generally meet in front of the community center on Mondays, Wednesdays, and Fridays at 10:00 a.m. to walk a three mile neighborhood route.

If you are interested, just show up and make new walking buddies! Newcomers are always welcomed.



## ABC'S FOR SENIORS (AGILITY, BALANCE, COORDINATION) s/c

Instructor: Rosemary Reca, ACE Personal Trainer

This class is for older adults who want to improve and maintain their every day activities of daily living. The class includes balance exercises, a mild cardio workout, bending, squatting and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform most activities in a chair, and other movements while standing (holding on to a chair or ballet bar). The class uses hand weights, exercise bands, soft balls and other exercise props all available for you during the class. However, if you have your own hand weights and would like to use them, please bring them to class. The class runs for six weeks.

**No snow make-up dates possible.**

January 5 – February 9

**342576 A1** – W – 1:30 p.m. – 2:30 p.m.

Fee: R \$60/ NR \$75 – Six classes



## HEART AND SOLE CHAIR EXERCISE PROGRAM s/c

Instructor: Joey Wagner, SFA Certified Group Fitness Instructor

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! "Fun"ctional fitness that utilizes energetic, yet light hearted music, including (Broadway hits, big band, swing, oldies but goodies) will sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout **in a chair**, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Creative exercise props enhance the workout!

**In case of snow, make-up dates are March 25 and April 1.**

January 7– March 18 (No class February 25).

**342476 A1** – F – 12:30 p.m. – 1:30 p.m.

Fee: R \$75 / NR \$93.75 - Ten classes



## ATTENTION WRITERS



**PLAN AHEAD AND MARK YOUR CALENDAR**



## 11<sup>TH</sup> ANNUAL WRITING YOUR PERSONAL HISTORY SYMPOSIUM ON THURSDAY, MAY 12, 2011 - 10:00 a.m. - 2:00 p.m.

REGISTRATION WILL BEGIN DURING OUR SPRING REGISTRATION PERIOD:  
IN-TOWNERS ON FEBRUARY 7, AND OUT-OF-TOWNERS ON FEBRUARY 14.



**ALSO NOTE THE NEXT REGISTRATION TIME FOR OUR GROUP LED WRITING YOUR PERSONAL HISTORY CLASS WILL BE DURING OUR SPRING 2011 REGISTRATION PERIOD.**

## FOUNDATIONS OF WRITING: THE MEMOIR s/c

Instructor: Joanne Lozar Glenn, Award-Winning Independent Writer

If you are writing a memoir – or thinking of starting one – come to this writing circle. Here, we gather to write and read our work and to respond to others' work in a safe, supportive environment. We'll learn what kind of feedback is helpful in first drafts compared to more developed drafts, and instruction will be based on participants' writing. In-class writing exercises will get the ideas flowing. Writers are welcome to bring in more developed drafts for further feedback. **Snow dates are March 3 and 10.**

January 13 - February 24

**342481 A1** – TH – 8:30 a.m. – 10:30 a.m. - Seven sessions

Fee: R \$70 / NR \$87.50



**AARP DRIVER SAFETY COURSE INFORMATION**  
**OUR NEXT COURSE WILL BE HELD IN APRIL OR MAY 2011.**  
**TO FIND ANOTHER LOCATION GIVING COURSES NEAR YOU**  
**CALL: 1-888-227-7669.**



**DROP-IN LEGAL SEMINARS WITH DAVID HOFFMAN, J.D. WILLS, TRUSTS, ESTATES**

These programs meet on Mondays between 10:00 a.m. and 11:30 a.m. No registration is necessary. Simply mark your calendar and plan on attending.

**December 13**

**IMPENDING DISASTER: THE NEW LAW OF WILLS AND TRUSTS**

The clock is ticking. On January 1, 2011, the generous Estate Tax laws of the Bush Administration will go away. Persons who never had to worry about Estate Taxes before have to worry about them now. The solution, of course, lies with special forms of trusts. However, trust laws have also changed. In 2006, Virginia changed its trust laws. In 2007, the IRS changed its trust laws. Unless you know about all of these changes, and act accordingly, your kids could be paying hundreds of thousands of dollars in Estate Taxes – needlessly. Not to worry. “Impending Disaster” is a 90 minute presentation on what you need to know, what you need to do, and when you need to do it. So, unless you want the IRS to be your new beneficiary, you should plan to attend.

**January 10**

**WHY GOOD WILLS GO BAD**

Some wills just won't do their jobs. Is it any wonder? Shoved in drawers, locked-up in banks, pressed into the pages of dictionaries “between wile and willful”, the pitiful will is all but forgotten and somehow expected to make up for non-existent financial records, uniformed children, out-of-date bequests and ever-changing tax laws. Presented for the benefit of people with wills and people without them, “Why Good Wills Go Bad” is an eye-opening 90 minutes of common sense, common errors and a common need to follow through. Topics include: a review of Virginia Will Law; organizing your assets; when to change your will; talking to your executor; reducing probate; will copies; do-it-yourself tax plans and much more.

**February 14**

**IMPENDING DISASTER: THE NEW LAW OF WILLS AND TRUSTS**

The clock is ticking. On January 1, 2011, the generous Estate Tax laws of the Bush Administration will go away. Persons who never had to worry about Estate Taxes before have to worry about them now. The solution, of course, lies with special forms of trusts. However, trust laws have also changed. In 2006, Virginia changed its trust laws. In 2007, the IRS changed its trust laws. Unless you know about all of these changes, and act accordingly, your kids could be paying hundreds of thousands of dollars in Estate Taxes – needlessly. Not to worry. “Impending Disaster” is a 90 minute presentation on what you need to know, what you need to do, and when you need to do it. So, unless you want the IRS to be your new beneficiary, you should plan to attend.

**THE NEW LAWS OF WILLS AND TRUSTS ARE SO IMPORTANT THAT THEY WILL BE PRESENTED IN BOTH DECEMBER AND FEBRUARY.**



## DROP-IN RECREATIONAL PROGRAMS AND ON-GOING MATURE ADULT SERVICES

The following programs have no fee and do not require advanced registration. Programs are held year round but do not meet on the holidays of 4<sup>th</sup> of July, Thanksgiving, Christmas, New Years, President Holidays, and on various other dates designated in the Town of Vienna Catalogue – see copy below.

It is the responsibility of all drop-in participants to keep catalogues handy to note when classes do not meet.

**PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVISEABLE FOR A GROUP LEADER TO CHECK THE FRONT DESK ROOM RESERVATION LIST ONE WEEK PRIOR TO EACH SESSION AND TO NOTIFY REGULAR DROP-IN PARTICIPANTS IF THERE HAVE BEEN ANY CLASS CANCELLATIONS.**

### BLOOD PRESSURE CHECKS

Second Wednesday of each month – 10:45 a.m. – 11:30 a.m. No Reservation is required. Simply drop-in for a check-up.

Wednesday – December 8

Wednesday – January 12

Wednesday – February 9

### PICKLEBALL

Mondays, Wednesday, Fridays - 11:00 a.m. – 12:30 p.m.

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our regular group of very enthusiastic players. We have all levels of players in our groups including some Senior Olympic Pickleball Winners! **There will be no class on January 17, February 21 and February 25.**

### TABLE TENNIS

Thursdays 8:00 a.m. – 9:00 a.m.

Join us for table tennis every Thursday. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members. **There will be no classes on February 24.**

### CANASTA

Tuesdays 1:00 p.m. – 4:00 p.m.

**Come out and make new friends as you play the game of Canasta.**

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. There is no formal instructor but there will be seasoned players willing to help others and coordinate the class. **Newcomers are welcomed to come out and participate at any session.**

### MAH JONGG

Thursdays - 1:00 p.m. – 4:00 p.m.

**Come out and make new friends as you play the game of Mah Jongg**

Mah-Jongg was first played by the ruling class of China and dated back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction however regular players are glad to tutor new players to understand the game. There is no fee. All abilities are welcome. **Newcomers are welcomed to come out and participate at any session. There is no class on February 24.**

### DOMINOES DAY

Fridays - 1:00 p.m. – 4:00 p.m.

Come out and play dominoes with other friendly folks who enjoy the game. We meet in the senior lounge.

### WALKING PROGRAM

We do not have a formal registration for a walking program during the winter, but folks generally meet in front of the community center on Mondays, Wednesdays, and Fridays at 10:00 a.m. to walk a three mile neighborhood route. So if you are interested, just show up and make new walking buddies! Newcomers are always welcomed.



**CLUBS AND ASSOCIATIONS** - The Vienna Community Center hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.

### AMERICAN ASSOCIATIONS OF RETIRED PERSONS (AARP)

**Group Coordinator: Irene Coyne – 703-938-0873**

AARP holds a luncheon the first Monday of each month and a business meeting the third Monday of each month at 12:30 p.m. in The Vienna Community Center Auditorium.

### NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE)

**Group Coordinator: Shirley Keyes – 703-698-1838**

NARFE meets the second Tuesday of the month at 1:30 p.m. in The Community Center Auditorium.

### 50-90 CLUB

**Group Coordinator: Paul Schmitt - 703-255-4743**

This group meets the third Saturday of each month for dinner and a special program at 5:00 p.m.

### THE VIENNA SENIORS BRIDGE CLUB

**Group Coordinator: Richard Laporte – 703-204-4508**

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m.– 2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.